Warm Up:

300 SWIM

100 KICK

6 x 75 Drill 50 / Swim 25

 1/2) Catch Up ~ Work the Push

 3/4) FTD

 5/6) GLIDE W/6 KICKS BETWEEN STROKES

 850/850

Set 1

 3 2 1

8 X 100 HOLD EVEN PACE 1:30 / 1:40 / 1:50

 GO FOR IT ON #8

50 EZ

1 MIN REST 850/1700

8 X 50 DESCEND 1-4 / 5-8 :50 / 1:00 / 1:10

50 EZ

1 MIN REST 450/2150

8 X 25 ODD SPRINT / EVEN EZ ON :25 / :30 / :35

50 EZ 250/2400

Set 2

2 X 200 TRY TO SWIM 2 OF YOUR PACE 100’S

 TOGETHER (IF YOU SWAM 1:20 TRY FOR 2:40)

REST :30 BETWEEN SWIMS 400/2800

4 x 50 Kick 200/3000

200 WARMDOWN 200/3200